

Carolina Beans¹⁰

Number of Servings: 10 (123.02 g per serving)

Amount	Measure	Ingredient
1 1/8	tsp	Oil, canola
4 1/4	Tbs	Onion, white, fresh, chpd
2 3/4	tsp	Garlic, minced, wet
1 3/4	tsp	Spice, ginger, ground
3/8	tsp	Spice, mustard seed, ground
2.00	cup	Beans, kidney, red, cnd, drained
1 3/4	cup	Beans, pinto, cnd
4 1/4	Tbs	Peppers, bell, green, sweet, fresh, chpd
5 1/2	Tbs	Sauce, barbecue
4 1/4	Tbs	Molasses
3/8	tsp	Spice, pepper, black, ground

Nutrients per serving

Nutrition Facts

Serving Size (123g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 26g **9%**

Dietary Fiber 6g **24%**

Sugars 9g

Protein 5g

Vitamin A 0% • **Vitamin C 6%**

Calcium 2% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Saute onion, garlic, ginger and green pepper in oil until tender. Add dry mustard and stir. Mix sauted ingredients with other ingredients in an appropriate sized steam table pan, Cover with aluminum foil. Bake in preheated 350 degree oven until internal temperature is 165-180 degrees. Hold until ready to serve.

1 serving = 1/2 cup = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.